

Discover tools that can help you make simple lifestyle changes

## Enjoy connecting with others

***Come join those with similar concerns about physical and emotional health. Skills learned will help you be more physically and socially active, by better managing pain, fatigue, depression, and anxiety that can come with a health condition.***

Topics include:

- ✓ Physical activity and nutrition
- ✓ Managing difficult emotions that accompany your health condition
- ✓ Medication and treatment decisions
- ✓ Talking with your family, friends and health care providers about your condition and symptoms.



*These programs are made possible in part through a grant provided by the Administration on Community Living and Massachusetts Executive Office of Elder Affairs as granted by BayPath Elder Services and HESSCO. If you would like to make a voluntary donation, please mail a check to: The Healthy Living Department, BayPath Elder Services, 33 Boston Post Rd West, Marlborough, MA 01752. Your donations are put directly toward enhancing the availability of healthy living programs.*

## Manage Your Health & Improve Your Well-Being

Are you living with a physical or mental health condition such as diabetes, heart disease, asthma or shortness of breath, high blood pressure, cancer, arthritis, fatigue, fibromyalgia, depression, anxiety, chronic pain, or other ongoing health condition?

MY LIFE, MY HEALTH

**CHRONIC DISEASE SELF-MANAGEMENT PROGRAM can help!**

**Now accepting registrations!**

Free 6-week workshop + Intro session

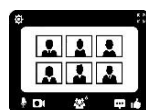
**FROM THE COMFORT OF YOUR OWN HOME**



### Tele-conference

**One hour, one day per week. Date TBD\***  
Phone chat (5-6 people). Review and share action plans to help keep you on track. Individual self-study required between calls.

- Or -



### Zoom with us

**2.5 hours, one day per week. Date TBD\***  
On-line video class (8-12 people). Subjects covered in-depth.

All workshop materials provided.

*\*Dates will be announced once a minimum number of participants is met.*

**CALL Renee for more info & to register**



**Renee D'Argento**  
She/Her/Hers

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<http://www.baypath.org/Healthy-Aging.html>